



*The sea is our sauce**

ATLANTIC CUISINE
made for sharing

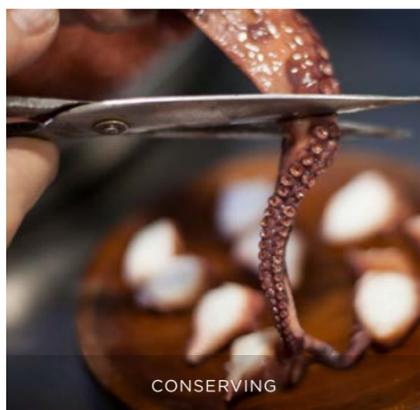


A MARIÑA - PORT

A Coruña is Galicia and the Atlantic. Our land and sea yield a gastronomic wealth that instantly wins over the heart and taste buds of everyone that visits us.

In the area known as A Mariña, the boats that moor practically on the doorstep of the city's galleries unload the very best of the sea that in just a few hours will be served in the city's eateries.

The centre is packed with bars and restaurants serving an equal measure of traditional and innovative fare. We would like you to join us at our table. Make yourself at home and simply enjoy.



CONSERVING



REINTERPRETING



INNOVATING



PRAZA DE LUGO MARKET - ESSENCE

**the sea*

In true coastal tradition, the sea is our number one supplier. Make the most of the chance to savour the delicious flavours of the Atlantic against the backdrop of a welcoming and seafaring city and experience its surprising yet unaffected cuisine.



In this case, you are the spectator and the products the star of the show.

Shall we expect you for lunch?

'Coruñaring' around

"Vivir na Coruña que bonito é, andar de parranda e durmir de pé, e durmir de pé e durmir de pé, vivir na Coruña que bonito é..."
There is a song about the city that says something like "Isn't it lovely to live in A Coruña? partying all day and night and sleeping on your feet; Isn't it lovely to live in A Coruña..." Lyrics that pretty much sum us up, reflecting the city's eternally open character.

No visit to A Coruña is complete without an evening out, visiting its wine bars, beer cellars, traditional bars and street cafés. Treat yourself to some delicious snacks or tapas, or if you'd rather, enjoy a meal at one of the many restaurants that line the streets.

There is unique flavour to the streets the form the city centre, especially from early evening onwards, when the terraces are filled with locals and visitors who linger until the early hours. A lively atmosphere that at weekends can also be enjoyed in the morning, when friends and families gather to enjoy a pre-lunch drink and appetiser.

...profiles:

In September the city holds its annual tapas competition, named after Don Manuel María Puga y Parga, affectionately nicknamed *'Picadillo'*, who held the office of mayor of the city in 1915 and 1917. Eating was one of his favourite pastimes, and he was also the author of a number of highly entertaining cookery books. A peak inside the kitchen cupboards of any home in A Coruña will reveal the masterpiece of Galicia and A Coruña's culinary literature: *La cocina práctica de Picadillo*, or *'Picadillo's Practical Cookery'*.

The market in the centrally-located Praza de Lugo is the domain of the women that run the market stalls, known locally as the *'Placeras'*. Outspoken, funny, friendly and experts in selling not only their fish but also the city, they are also unconditional fans of 'El Depor', the city's football team.

Coruña Cociña is the name by which the boldest and most innovative chefs in town are known. A trademark that reflects the essence of those that are writing the history of A Coruña's contemporary cuisine and who choose to use quality Galician products in their culinary creations.

Hospeco is the Spanish abbreviation for A Coruña's Catering Business Association. The name will eventually become familiar, as it works closely with A Coruña's tourist board, organising a number of gastronomy events in the city's hotels.

MORE INFO AT:

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